

York Fitness Classes Winter 2026

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SENECA YORK FITNESS CLASS SCHEDULE

January 12 - April 10, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				3:45-4:45pm VINYASA YOGA (Lambert)
		4:30-5:30pm SOCA (Victoria)		4:45-5:45pm YOGA NIDRA (Lambert)
		5:30-6:30pm HIP HOP FUSION (Victoria)		

Location: Fitness Centre, Studio

Register via our Seneca Recreation portal or App.
Registration opens 10 days before class. Drop ins welcome.
Check-in required when you attend class.



SENECA YORK FITNESS CLASS DESCRIPTIONS

January 12 - April 10, 2026

HIP HOP FUSION: Focus on the foundations, grooves and musicality followed by choreography. All levels welcome.

SOCA: A vibrant high-energy dance style that builds core control, boosts cardio, and welcomes all levels.

VINYASA YOGA: A yoga class that emphasizes linking your breath with movement to create a smooth, flowing sequence of poses. All levels welcome.

YOGA NIDRA: Explore this guided meditation class that aims to induce deep relaxation and awareness. All levels welcome.

Location: Fitness Centre, Studio

tags : athletics, recreation